



Activity 1 New Years Special

The following sites contain information about the history and evolution of New Years Eve, day, and various traditions.

<http://new-years.123holiday.net>

<http://www.infoplease.com/spot/newyearhistory.html>

What past New Year's traditions did you, or do you still participate in?

Why not look into the Chinese New Year that has a long tradition around the world. The following site explains the Chinese tradition.

http://www.educ.uvic.ca/faculty/mroth/438/CHINA/chinese_new_year.html

Activity 2 A Goal To Achieve

The New Year brings many new things into life, why not set a goal to achieve something in the next few weeks or months. Or set various goals: try different exercises, cook a certain dish, put a puzzle together, read about a different world event, just to name a few. To achieve a goal, it must be worked on each week until completion. Consistency will be very important, and the end result will be rewarding. Write down a list of your interests, and set a specific time to work on it each week.



Activity 3 Clean Up



A good thing to do in the winter is to clean out a closet, drawer, chest, or even a kitchen cupboard. This can be a way to organize items or possibly get rid of certain articles. Don't get too overwhelmed, start with one space. This activity could be a time to reminisce, as certain things will evoke emotions and memories. Try to make the decision about what to keep, and as you are talking, family or friends can help you organize. This could be done once a month, as you share memories of certain items.

Activity 4 Tea Time



The simplest of activities can be the most rewarding. Invite a neighbor or two, or ask a friend along for a visit. Perhaps there are some China cups and saucers in a China cabinet that you could use to make it special. Assist by getting out the items, and set the table with a cloth, napkins together. Bring along some cookies to share, if you know that there are none in the home. Let everyone sit and enjoy while you serve. Ensure communication by conversation starters.

Activity 5 National Popcorn Day



January 19th is National Popcorn day so why not celebrate with a big bowl of popcorn.

Assist with pouring some seasonings on the popped bag, after it has been put into a bowl. Go to the following website and find out more about popcorn and how it can have different tastes.

<http://.hort.purdue.edu/newcrop/afcm/popcorn/html>

Another activity would be to make fun pictures using leftover popped popcorn.

<http://www.familycrafts.about.com/cs/fork6/a/blpopcpic1.htm>

Activity 6 Make a Sun Dial



During the cold season, a lot of time is spent indoors. Why not enjoy both the natural elements and the indoors by building a sun dial that can be seen from any window. A sundial that is easy to make and will actually read what time of day it is by the rays of the sun. The sundial can be enjoyed all year round. This is a simple thing that shows the uniqueness of nature.

www.youtube.com /how to make a sundial

Activity 7 Old Memories



Pull out some old photographs of family and friends and share stories about their life. Ensure that you ask questions to encourage brain stimulation and memories. Listen intently and actively. Share some of your own stories as well.

Activity 8 National Hugging Day



January 21st is National Hugging Day; why not celebrate the benefits of this gesture. Go to the following website and discover all the interesting facts and figures about hugging day. Sometimes people have a favorite animal they would like to hug as well. Be sure to share a big hug today!

<http://www.nationalhuggingday.com>

Activity 9 Winter Picnic



Prepare together a simple food like chili, soup or grilled cheese sandwiches, with hot chocolate or tea. Then if possible, visit a destination where you can view the outdoors or plan to sit in front of the window and enjoy the winters day with a nice warm meal. Try setting up a card table, or if possible, set a blanket on the floor, and sit on cushions to eat your meal. Eat in an entirely different location, which adds to the fun of the activity. Play some music in the background and talk about picnics that you have attended.

Activity 10 Relaxing Exercise

Go to the following website and follow the instructions to make play dough. This easy recipe can be fun as well as good exercise for the fingers, hands and arm muscles and joints. This can be very creative. Try to make different objects and have the other person guess what they are.

<http://www.teachernet.com/lesson/art/playdoughrecipes/traditional.html>



Activity 11 Greeting Card Collages

Usually there is a selection of old Christmas cards or birthday cards that you have received. At a table, sit down together and both of you cut out pieces of the cards. Some might have beautiful scenes or flowers. Glue or tape these pieces onto a sheet of paper and make into a collage. Talk about the things in the pictures that make both of you happy. Have the individual write their name on their collage and place it in their bedroom, as a reminder of the activity that you shared together. It could even be framed and displayed for others to share in the discussion about what makes us happy.



Activity 12 Current Events

Get a current calendar for the year and talk about the month, date and day of the week. Each calendar has a photo of something seasonal attached. Talk about what's in the photo. Get the newspaper and go through the articles highlighting something from each section. Discuss local, provincial, national and international events. Discuss some of the advertisements and name some of the businesses and what they sell. What is your favorite cartoon character? Read aloud and share your horoscope. If a newspaper is unavailable, go to www.kwrecord.com for a resource.



Activity 13

Manicure/Hand Massage



Gather the following items before you begin: hand towel, nail polish remover, cotton balls, nail polish, emery board, hand lotion and a small bowl of warm water with a slice of lemon. Use dish detergent if lemons are not available. The person with dementia can soak one hand in the warm water for a few minutes. Dry off and gently file your friend's nails. Pour a little hand lotion onto your friend's hands, and gently massage into their skin. Be sure to gently go between each finger and don't forget the wrist and forearm.

Once the lotion is worked in, polish each fingernail for the ladies.

Men really enjoy this as well, as it is quite relaxing.

